

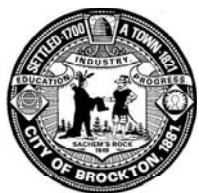
September 2010

Mary Cruise Kennedy Senior Center > Thrive!

# What's News?

Anne McCormack *Director*

Brockton Council on Aging - City of Champions 10 Father Kenney Way, Brockton, MA 02301 508-580-7811 *phone* 508-580-1674 *fax*



*City of Champions*  
*Linda M. Balzotti - Mayor*



The leaves on the trees around Brockton won't be the only places to check out the colors of the season. As fall begins, I want to remind residents of the Farmers' Market at City Hall Plaza.

Held every Friday, from 10:30 a.m. to 1:30 p.m., the Farmers' Market is a wonderful way to get fresh and delicious locally grown produce at the peak of the flavor and nutrition.

It's hard to believe that it was nine years ago, our nation and the world were dramatically changed on September 11. It is important to continue to honor the legacy of the individuals who lost their lives that day. Please remember to thank your public safety personnel for all they do. Never forget September 11.

Best wishes,

Mayor Linda M. Balzotti



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September</b>  <b>2010</b> 		<b>1</b> 7:30.....Walking Club 10:00....Cards/Games 10:00....Mah Jong 10:30....Aerobics 12:00....KELLER WMS. 1:00.....SINGING GROUP REHEARSAL	<b>2</b> 9:00.....Fine Art 10:00....Movie 10:00....Cribbage 12:30....Canasta 1:00.....Whist 1:00.....BRAIN EXERCISE <b>MARY CRUISE KENNEDY BIRTHDAY !!</b>	<b>3</b> 7:30.....Walking Club 10:30....Bingo-Cards must be purchased by 10:15  <b>FARMER'S MARKET AT CITY HALL</b>
<b>6</b> 7:30.....Walking Club  <b>LABOR DAY</b>  <b>CENTER CLOSED</b>	<b>7</b> 7:30.....Blood Pressure at Westgate Mall 9:00.....Mah Jong 10:00....DANCING WITH CHAMPIONS-VIDEO 10:00....Bridge-NEW! 12:00....Knitting <i>Atlantic City Trip</i>	<b>8</b> 7:30.....Walking Group 10:00....Cards/Games 10:00....Mah Jong 10:30....Aerobics 1:00....AARP MEETING  <b>ROSH HASHANAH</b>	<b>9</b> 9:00.....Fine Art 9:00.....Blood Pressure-St. Joseph Manor 10:00....Movie 10:00....Cribbage 12:30....Canasta 1:00.....Whist	<b>10</b> 7:30.....Walking Club 10:30....Bingo-Cards must be purchased by 10:15  <b>FARMER'S MARKET AT CITY HALL</b>
<b>13</b> 7:30.....Walking Club 9:15.....Activities Comm. 9:45.....Line Dancing 10:00....Board of Directors *Friends meeting immediately following 11:00....Tai Chi 12:00....SHINE by appt. 12:30....Bowling 1:00.....Whist	<b>14</b> 7:30.....Blood Pressure at Westgate Mall  <b>ELECTION</b>  <b>ALL ACTIVITIES CANCELLED</b>	<b>15</b> 7:30.....Walking Club 10:00....Cards/Games 10:00....Mah Jong 10:30....Aerobics 12:30....MADD HATTERS-OPENING TEA  <i>Lobster Roll Cruise</i>	<b>16</b> 9:00.....Fine Art 9:30.....GLUCOSE-VNA 10:00....Movie 10:00....Cribbage 12:30....Canasta 1:00.....Whist	<b>17</b> 7:30.....Walking Club 10:30....Bingo-Cards must be purchased by 10:15 9-12 .....DTC LIFELINE <b>FARMER'S MARKET AT CITY HALL</b> <b>YOM KIPPUR</b>
<b>20</b> 7:30.....Walking Club 9:30.....SALT/TRIAD 9:45.....Line Dancing 11:00....Tai Chi 12:00....SHINE-by appt. 12:30....Bowling 1:00.....Whist	<b>21</b> 7:30.....Blood Pressure at Westgate Mall 9:00.....Mah Jong 9:30.....ANGEL READINGS 10:00....Bridge-NEW! 12:00....Knitting	<b>22</b> 7:30.....Walking Club 10:00....Cards/ Games 10:00....Mah Jong 10:30....Aerobics 1:00.....AARP BOARD	<b>23</b> 9:00.....Fine Art 10:00....Movie 10:00....Cribbage 12:30....Canasta 1:00.....Whist	<b>24</b> 7:30.....Walking Club 9:30.....Blood Pressure- VNA 10:00....B'day Party 10:30....Bingo-Cards must be purchased by 10:15  <b>FARMER'S MARKET AT CITY HALL</b> <i>Lake George Trip</i>
<b>27</b> 7:30.....Walking Club 9:30.....Blood Pressure- Cedar Hill 9:30.....MEN'S GROUP 9:45.....Line Dancing 11:00....Tai Chi 12:00....SHINE-by appt. 12:30....Bowling 1:00.....Whist	<b>28</b> 7:30.....Blood Pressure at Westgate Mall 9:00.....Mah Jong 10:00....SHINGLES PRESENTATION 10:00....Bridge-NEW! 12:00....Knitting	<b>29</b> 7:30.....Walking Club 10:00....Cards/Games 10:00....Mah Jong 10:30....Aerobics	<b>30</b> 9:00.....Fine Art 10:00....Movie 10:00....Cribbage 12:00....Canasta 1:00.....Whist  <i>Fall Festival Trip</i>	<b>School Starts --</b>  <b>Watch for Children!!</b>

BROCKTON, MA

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## SALT/TRIAD SAFETY TIP OF THE MONTH

Here are some tips to make your home safe.

- Remove all extraneous clutter in your house.
- Keep telephone and electrical cords out of pathway
- Tack rugs and glue vinyl flooring so that they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.
- Ensure that carpets are firmly attached to the chairs.
- Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

The SALT/TRIAD meetings will resume on Monday, September 20 at 9:30am. The Brockton TRIAD is a joint effort supported by the Plymouth County Sheriff's Office, District Attorney, Mayor's Office, Brockton Police Department, Brockton Fire Department and Brockton Housing Authority. TRIAD members focus on efforts to improve the safety, security and peace of mind of our senior population. These meetings are open to the public and they frequently bring in speakers to address safety concerns of our seniors. Please join us!

## ARTIST OF THE MONTH

The artist for this month is Bill Litcoff. In addition to Bill painting pictures of beautiful scenery and light houses he brings us bagels every Thursday. Stop by to see his work and grab a cup of coffee and a bagel. Thank you Bill for going the extra mile to bring us goodies every week!

## Thank You Thank You

WOW! What a busy summer we have had here at the COA. We would like to thank the many people who made our summer enjoyable. Thank you to Joyce Kelly from Cedar Hill in Randolph for showing us how to keep our brains sharp. Thank you to Denie Aubin for bringing Pilates to the center. Thank you to Allied Waste for the use of the suite for our Men's Group, you are always supportive of the COA and our seniors. Thank you to Mayor Balzotti, Parks Dept., Senior Whole Health, Baystate Gas, Billy Couto and George's café for the wonderful time at the Senior Picnic. Also a HUGE thank you to all our COA volunteers who worked so hard to serve the lunch and what a nice surprise to meet Senator John Kerry. Thank you to Cheryl Hayes from Cedar Hill and Attorney Eric Oalican for the 5 Wishes program. Fun was had by all during the Neil Diamond concert, thank you Eleanor Duval for the great suggestion. Thank you to Peaceful Meadows and all the volunteers who put together the Ice Cream Social. Thank you Officer Al Gazerro for coordinating the Men's Group fishing trip, I can't wait to see the pictures.

And finally, thank you to the freshmen students from Stonehill College who volunteered here at the COA as their community service requirement. The grounds look great!

## MADD HATTERS

Don't be late! Don't be late..for a very important date!!

The Madd Hatters invite you to the opening season with the traditional "TEA" on Wednesday, September 15, 2010 at 12:30pm. The cost is \$2.00 and your receipt is your ticket to the tea. The deadline to sign-up is September 10. Please bring your teacup and saucer. We request that you come dressed as a character from Alice in Wonderland.

PLEASE COME AND DON'T BE LATE...

## COA SINGING GROUP

The singing group will be starting their rehearsals this month. If you would like to join it is not too late.....

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## SEPTEMBER MOVIES

### Sept. 2 – Smoke Signals

1998 PG-13 89 minutes

On a Coeur d'Alene, Idaho, reservation, nothing ever changes -- until the estranged father of Victor Joseph (Adam Beach) bites the dust in Arizona, and Victor must go collect the cremated remains. The problem is, Victor can't afford the fare. But annoying nerd Thomas Builds-the-Fire (Evan Adams) will float Victor a loan ... if Thomas can tag along. This tender tale of self-discovery is based on acclaimed author Sherman Alexie's short stories.



### Sept 23 – The Curious Case of Benjamin Button

2008 PG-13 166 minutes

David Fincher directs this Oscar-nominated tale of Benjamin Button (Brad Pitt) -- a man who was born old and wrinkled but grows younger as the years go by -- with a screenplay adapted from a short story by F. Scott Fitzgerald. The plot throws linear conventions upside down to explore love, loss and memory from the perspective of a character living under incredibly unique -- and unexpectedly difficult

### Sept. 9 – Ulee's Gold

1997 R 113 minutes

Ulysses "Ulee" Jackson (Peter Fonda) is a Florida beekeeper trying to keep his family afloat despite numerous misfortunes: a wife who's recently passed away, a son (Tom Wood) who's in prison and a daughter-in-law (Christine Dunford) who's left town -- and left her two adolescent daughters in Ulee's charge. Fonda earned Academy and Golden Globe nominations for his performance in this lushly photographed drama directed by Victor Nunez.

### Sept. 16 – Last Chance Harvey

2008 PG-13 93 minutes

Dustin Hoffman stars in this romantic drama as struggling jingle writer Harvey Shine, an aging father who risks losing his job to attend his daughter's London wedding, only to discover that he's not exactly welcome. While seeking refuge in the airport bar, Harvey meets a lonely statistician named Kate (Emma Thompson) and finds himself thrust into an unexpected romance. Both Hoffman and Thompson earned Golden Globe nods for their roles.

### Sept 30 – Tyler Perry's The Family That Preys

2008 PG-13 111 minutes

Tyler Perry writes, directs and co-stars in this poignant dramedy centered on a pair of friends -- wealthy socialite Charlotte (Kathy Bates) and working-class Alice (Alfre Woodard) -- whose families stand to be ripped apart by greed and scandal. To prevent the collapse and save their families, the two mothers take a road trip in a vintage turquoise convertible that carries them both beyond their wildest expectations.

### PLEASE ACKNOWLEDGE OUR SPONSORS

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**SEPTEMBER EVENTS AT THE COA**

**ROB CHESTNUT FROM KELLER WILLIAM** – Wednesday, September 1 at 12:00pm. Mr. Chestnut will be here to talk about many issues regarding Real Estate. Topics discussed will be the “Buy Brockton Program”, reverse mortgages and preparing your home for sale to name a few. Pizza will be served. You **MUST** sign up in advance at front desk.

**BRAIN EXERCISE WORKSHOP** – Thursday, September 2 at 1:00pm. Join Joyce Kelly, LPN from Cedar Hill in Randolph to do some “brain exercises”. Sign up at front desk.

**DANCING WITH CHAMPIONS** – Tuesday, September 7 at 10:00 am. If you are interested in seeing the video of the “Dancing with the Champions” event from last year, sign up at the front desk to reserve your seat.



**DTG LIFELINE OUTREACH** – Friday, September 17 from 9:00-12:00. The Patrick-Murray Administration's Department of Telecommunications and Cable is sponsoring an Outreach forum to make eligible consumers aware of the Lifeline/Linkup programs offered by some telecommunication companies that help low income individuals afford the costs of basic telephone services and installation. To get information on this program, stop by the COA between 9:00-12:00 and a representative will be here to help you.

**ANGEL READINGS** – Tuesday, September 21 at 9:30am. Jayne Kelleher from Advantage Home Health Care will be here to do Angel Readings. Angel Readings can be used to receive inspirational messages for the day, month or year ahead. Angelic messages can be a very helpful tool to give you insight to the reason something is happening or it can help you stay positive as you pray for something for yourself or others in your life. There are several types of decks of angel cards to choose from: Healing Angels, Saints, Archangels or Daily Inspirational Angels. Angels are blessings and are always guiding us so you can ask questions about your life or a loved ones life. Sign up at front desk for an appointment. Appointments are scheduled every 15 minutes.

**SHINGLES WORKSHOP** – Tuesday, September 28 at 10:00am. Margo Kiss, BSN from Brockton Visiting Nurse Association will be here to discuss Shingles causes, treatment and pain management. There will be an opportunity for questions and answers. Please sign up at front desk.

***\*\*ALL COA PROGRAMS AND SERVICES ARE SUBJECT TO CHANGE WITHOUT NOTICE AND ON OCCASION WEEKLY ACTIVITIES MAY HAVE TO CHANGE ROOMS.***

**CONGRATULATIONS TO A FRIEND**

Some of you may remember Robin Mitton who was the Program Coordinator many years ago. Robin took a position as the Director at the Hanover Council on Aging. After many years of hard work, Robin and the Hanover seniors have just moved into their newly built COA. The Brockton COA wishes Robin and her seniors good luck and congratulations!

**MENS' GROUP**

The Mens' Group will be meeting on Monday, September 27 at 9:30 AM. The group will be discussing plans for the upcoming months. If you would like to join and would like a breakfast sandwich you must sign up and pay \$3.00 by Friday, September 24. Also there will be a “guessing raffle” with a prize. You must attend to get the details.....

**HELP WANTED**

The COA is looking for volunteers to drive seniors (who have no other means of transportation) to medical appointments in Boston and on occasion locally with own car. Mileage reimbursement. Interested persons must complete a volunteer application and present a clean CORI. For additional information, or to apply, please call Janice at 508-580-7811.

**SHINE COUNSELOR AVAILABLE**

*Serving Health Information Needs of Elders*

*Message from regional SHINE director:*

There has been a recent increase in the development of new discount cards initiatives providing discounts on both brand and generic medications at pharmacies across the state. Some plans indicate that they are a “statewide initiative” which may be misinterpreted by the consumer that the program is a product of the Commonwealth of Massachusetts. There are multiple programs for patients to obtain their medications at an affordable cost. Please know that you can reach MassMedLine (toll-free: 1-866-633-1617) as a trusted resource for all programs (federal, state and private) that provide assistance accessing medications and available plans.

To schedule an appointment to speak with a SHINE counselor (Dotty Slack or Janice Fitzgerald), call 508-580-7811.

## NEW AND RENEWAL OF MEMBERS

Mary Camara	John Berlinguet	Betty Mountcastle
June Berlinguet	Sarah Akeke	Ellen Frenette
Lorraine Cribben	Estelle Blackman	Roberta Sulkowski
Harvey Blackman	Michael Belfiore	Edward J. Waitt
Elaine Medeiros	Marianna Castano	Philip Grushey
Margaret M. Ford	Ilda Robillard	Barbara Waible
Beverly Gallagher	Marion L. Fuoco	Amelia Andrade
Mary Henderson	John Flynn	Adele Phillips
Frances Flynn	Carol Minichello	Marilyn K. Buckley

### CORRECTION FROM AUGUST NEWSLETTER

There was a spelling error in August Newsletter.

### NEW AND RENEWAL OF MEMBER

**Norma Correia**

### MEMORIALS

*Roberta Sulkowski in memory of Mildred Gerath*

*Marion L. Fuoco in memory of Henry "Hank" Fuoco*

*Elaine Medeiros in memory of Eddie and Pearl Fournier*

### SEPTEMBER BIRTHDAYS

Anna Mae Blackman.....1	Norma Wayne.....14
Caroline Clark .....2	Jean Purificato .....15
Mary Cruise Kennedy .....2	Priscilla Trenholm .....16
Doris Evans .....4	Georgia Howland .....17
Olive West .....5	Grace Sullivan.....17
John Ennis .....5	Mike Phillips .....17
Maria J. Joia .....5	Dot Rondeau .....18
Sydney Halet .....6	Pat Brindley.....21
Betty Goldsmith .....7	Lina Madrigal.....23
Janice Beyer .....9	Doris Parham.....25
John Geezil .....12	Pat McCarthy .....27
Salvatore Bruno .....13	Gina Colon .....27
Adelaide de Costa .....13	Ruth Thompson.....27
Robert Jeppson .....13	Rena Goisman .....29
Ed Davis .....14	

*Please join us in wishing Mary Cruise Kennedy  
a happy 100th Birthday!!*

### SEPTEMBER 12 IS NATIONAL GRANDPARENTS DAY

In 1970, a West Virginia housewife, Marian Lucille Herndon McQuade, initiated a campaign to set aside a special day just for Grandparents. Through concerted efforts on the part of civic, business, church and political leaders, this campaign expanded statewide. The first Grandparents Day was proclaimed in 1973 in West Virginia by Governor Arch Moore. Also in 1973, Senator Randolph introduced a Grandparents Day resolution in the United States Senate. The resolution languished in committee.

Mrs. McQuade and her team turned to the media to garner support. They also began contacting governors, senators, congressman in every state. And they sent letters to churches, businesses and numerous national organizations interested in senior citizens. In 1978, five years after its West Virginia inception, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. The proclamation was signed by President Jimmy Carter. (September was chosen for the holiday, to signify the "autumn years" of life.) Today this event, begun by only a few, is observed by millions throughout the United States.

As Grandparents Day approaches, help grandchildren to identify and date all photos in old family albums. Many happy memories can be derived from this. Most important, Grandparents Day can signify a loving spirit that lives within us throughout the year- a spirit of love and respect for our elders. Also let us not forget our shut-ins and those in nursing homes.

### FRIENDS OF THE BROCKTON COUNCIL ON AGING

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Membership for \$10.00 pp \_\_\_\_\_ Additional Contribution \$ \_\_\_\_\_

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*Make checks payable to The Friends of the Brockton Council on Aging*

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**DIRECTOR'S MESSAGE**

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Well, already we are into the fall. Autumn actually begins on September 23. I hope everyone had a safe Labor Day. The summer of 2010 was great. Extremely hot, though. Janice took her vacation on the Cape with her husband, Charlie, and sons Shawn and Ryan. She said the only decisions she made while there was what to eat; what to drink; and what bathing suit to wear. Bob and I, along with Suzanne and little Elijah flew to Albuquerque, N.M. to celebrate Finian's second birthday on August 12. We had a great time with the entire family including Fin's Mum, Beth, Dad, Steve, and his Auntie Kara.

I want to wish my Jewish friends Happy New Year!! Rosh Hashanah begins at sundown on the 8th and Yom Kippur begins sundown on the 17th. Rosh Hashannah (Hebrew for "beginning of the year") is the Jewish spiritual New Year. This holiday is part of the Yamim Noraim (Hebrew "Days of Awe"). The Yamim Noraim are a ten day period which begins with Rosh Hashanah, followed by the days of repentance, and ends with the

holiday of Yom Kippur. Yom Kippur is the holiest day of the year--the day on which we are closest to G d and to the quintessence of our own souls. It is the Day of Atonement -- "For on this day He will forgive you, to purify you, that you be cleansed from all your sins before G d" (Leviticus 16:30). Chabad.org

September is National Senior Center Month.. Be sure to "come on down" and enjoy old friends and meet new ones. There are so many activities at the center there is no reason to stay home and be bored or lonely. For those ladies who knit, crochet or any kind of needle work we have a great knitting group which meets every Tuesday. We also have a men's group meeting once a month on the last Monday of the month. The Madd Hatters celebrate life and each other at their monthly meetings. If you play cards, want to exercise, or want to learn a new skill, we would love to have you visit us at the center. You will not be sorry.

*Anne*

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**FRIENDSHIP GARDEN**

We are looking for some plant donations and some help putting together our "Friendship Garden". Please think of us when you are buying plants or dividing bulbs. Anyone interested should speak to Janice at the COA or call her at 508-580-7811.

---

**CALLING ALL CANASTA PLAYERS**

The Thursday Canasta group is looking for some NEW players. If you are interested stop by on Thursday's and check it out! The group meets at 12:30.

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**TRIPS**

TRIP POLICY- Brockton residents 60 years or over will be given first priority on reservations for all trips sponsored by the COA.

Sept. 15..... Lobster Roll Cruise (FULL)

Sept. 20..... The Big "E"

Sept. 30..... Fall Festival-Wrights Chicken Farm

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**UPCOMING EVENTS**

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This section is just to let you know what events are coming. You can only sign up for these events once you see them posted on the calendar page.

Diabetic Shoe Clinic

Halloween Party

Veteran's Breakfast

AARP Driver Safety Program

Informational Workshops

Veteran's Expo

Harvest Luncheon

"Friends" Bake Sale

Swedes Beads

Powerful Tools for

Caregiver Series

Lots of great stuff planned....Be sure to stop by the center to check our bulletin board.

---

**TAO T'AI CHI CLASSES**

Our popular TAO T'AI CHI class invites you to join them each Monday at 11 a.m. Anthony McAlear, T'ai Chi Practitioner, has been teaching TAO T'AI CHI classes for over thirty five years. His class teaches the Ancient Chinese Way of becoming healthy, happy and peaceful using slow moving exercise, awareness and meditation-sitting, standing or on the move. This Ancient Chinese fitness program has been increasing student's health, happiness and longevity for over 4000 years.

Each month Anthony McAlear will have a topic for his class and September will be "Oriental Stress Control Techniques." Come strengthen your body-increase your flexibility-improve your balance-calm your emotions-quiet your mind-decrease your stress & increase your energy all for only \$5.00 per class. For more information call the COA at 508-580-7811 or stop by and try the first class for free.



**Brockton Council on Aging  
Mary Kennedy Senior Center  
10 Father Kenney Way  
Brockton, MA 02301**

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Earle Churchill, Senior Aide  
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## **Mission Statement:**

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to Seniors age 60 years and older.

## **COUNCIL ON AGING**

*Our elder residents are provided an opportunity to live a lifestyle based on independence, and we are committed to helping our seniors age with dignity and security.*

The Brockton Council On Aging provides an array of informational Programs, workshops, health screenings, recreational and social activities such as trips, holiday luncheons, computers, cards and games to individuals age 60 and over. Give us a call or drop by Monday thru Friday, 9:00 A.M. – 4:00 P.M. at the Mary Kennedy Senior Center, 10 Father Kenney Way, Brockton. All C.O.A. activities are subject to change without notice.